

WB-330

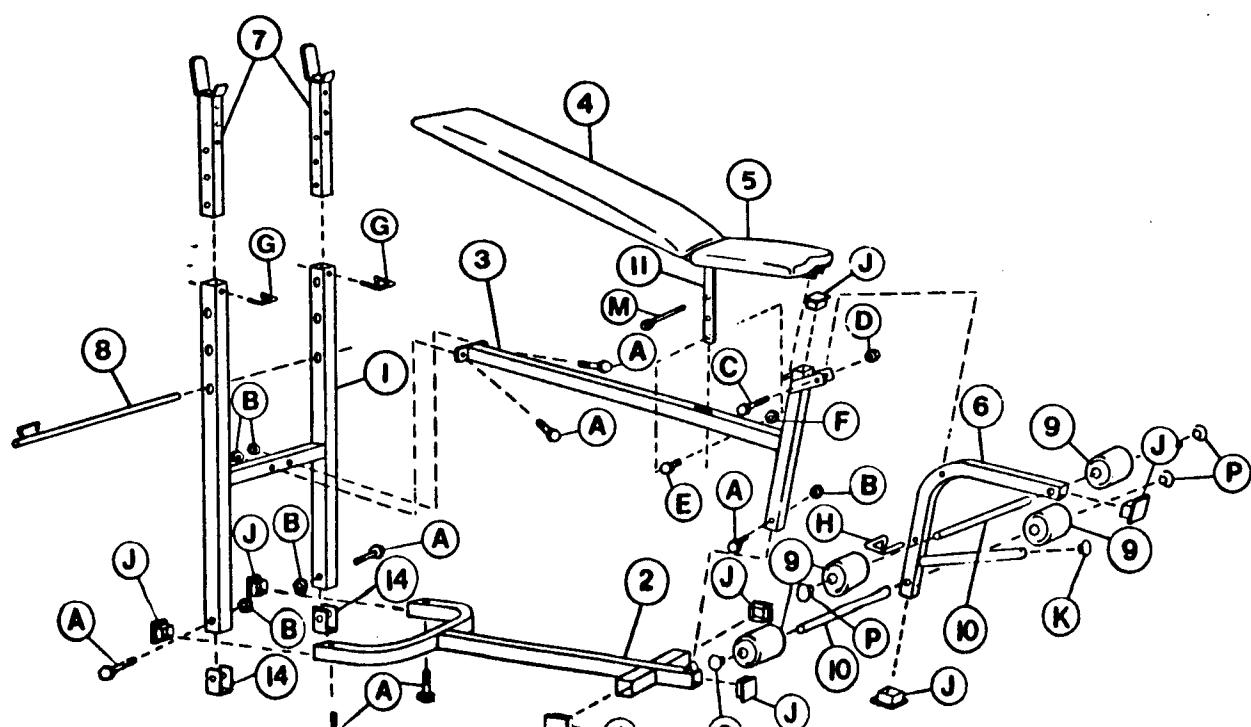
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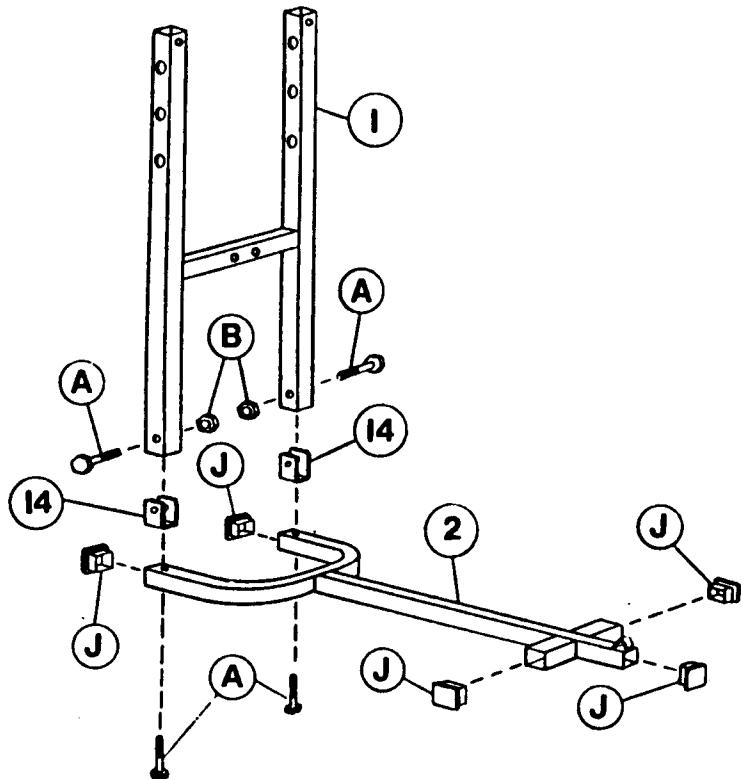
weider®

Assembly Instructions

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, California, U.S.A. 91367

Diagram No.	Part Name	No. Required	Part Number
1	Upright	1	CA02-0201
2	Base Frame	1	CA01-0100
3	Main Frame	1	CA02-0104
4	Backrest	1	CA01-0300
5	Seat	1	CA02-0303
6	Leg Curl	1	CA01-0102
7	Adjustable Uprights	2	CA02-0202
8	Backrest Adjustment Bar	1	CA01-6000
9	Foam Pad	4	CA01-0400
10	Pad Bars	2	CA01-6001
11	Seat Adjustment "T"	1	CA02-6004
12	Backrest Angle Iron	2	CA01-6002
13	Seat Angle Iron	2	CA02-6005
14	U-Bracket	2	CA01-6003
A	5/16"-20 x 2" Hex Head Bolt	7	HH-5017
B	5/16"-20 Lock Nut	5	HH-5021
C	3/8"-16 x 2 1/2" Hex Head Bolt	1	HH-5018
D	3/8"-16 Lock Nut	1	HH-5013
E	1/4"-20 x 3/4" Hex Head Bolt	1	HH-5032
F	1/4"-20 Lock Nut	1	HH-5011
G	Locking Pin (Small)	2	WW-7003
H	Locking Pin (Large)	1	WW-7004
J	1 1/2" Square Plastic Cap	8	AA-8001
K	1" Round Plastic Cap	1	AA-8005
M	Eyelet Pin	1	WW-7005
N	1/4"-20 x 1/2" Hex Head Bolt	8	HH-5025
P	3/4" Round Plastic Cap	4	AA-8004

Hardware Bag
Instruction ManualCA02-5751
CIN112587

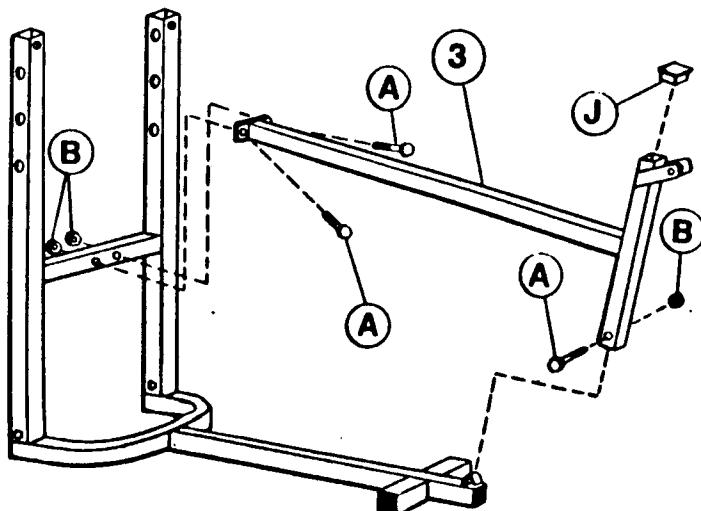


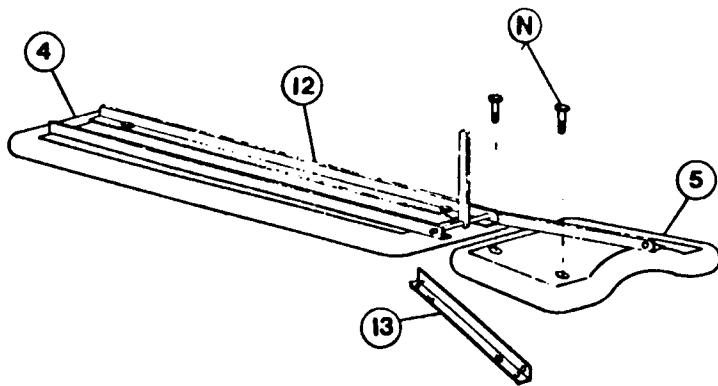
Step 1

Lay out BASE FRAME (2) and insert HEX HEAD BOLTS (A) through holes in rear of Frame. U-BRACKETS (14) are then screwed onto BOLTS (A), but not completely tightened. Holes in U-Brackets should be facing the sides of the bench as shown in the diagram. Place UPRIGHT (1) on U-BRACKETS (14) and insert HEX BOLTS (A) through each hole at base of Upright making sure bolt passes through U-Bracket holes. Secure bolts with LOCK NUT (B). Tighten all bolts. Insert five SQUARE PLASTIC CAPS (J) into Base Frame.

Step 2

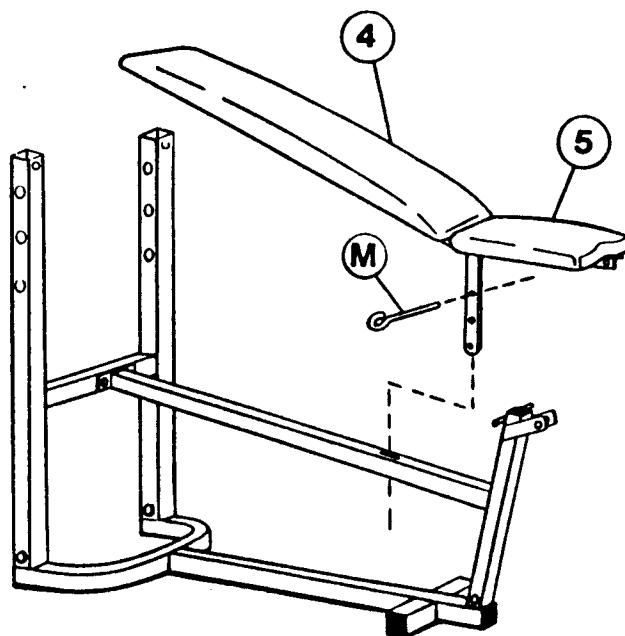
Set MAIN FRAME (3) in position with flat plate against Upright lining up holes. Attach Main Frame to Upright with two HEX HEAD BOLTS (A) and LOCK NUTS (B). Secure Main Frame to Base with HEX HEAD BOLT (A) and LOCK NUT (B). Insert SQUARE PLASTIC CAP (J) in Frame top as shown.





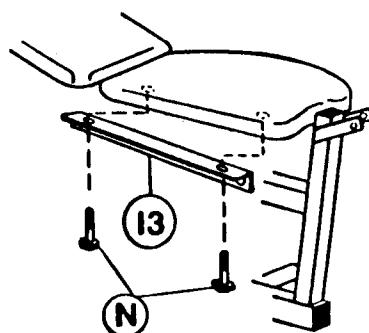
Step 3

Turn BACKREST (4) and SEAT (5) assembly over and remove two HEX HEAD BOLTS (N) to free SEAT ANGLE IRON (13).



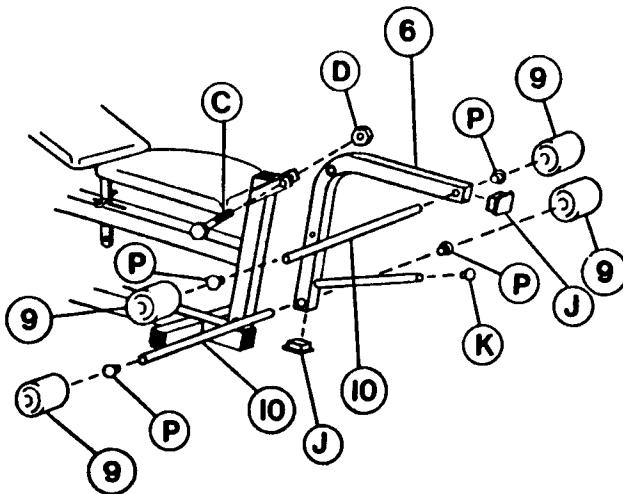
Step 4

Turn BACKREST (4) and SEAT (5) assembly right side up and lower onto Main Frame. Align SEAT ADJUSTMENT "T" (11) over slot in Main Frame and slide secured Seat Angle Iron over one side of pivot rod. Use EYELET PIN (M) to adjust Backrest and Seat height.



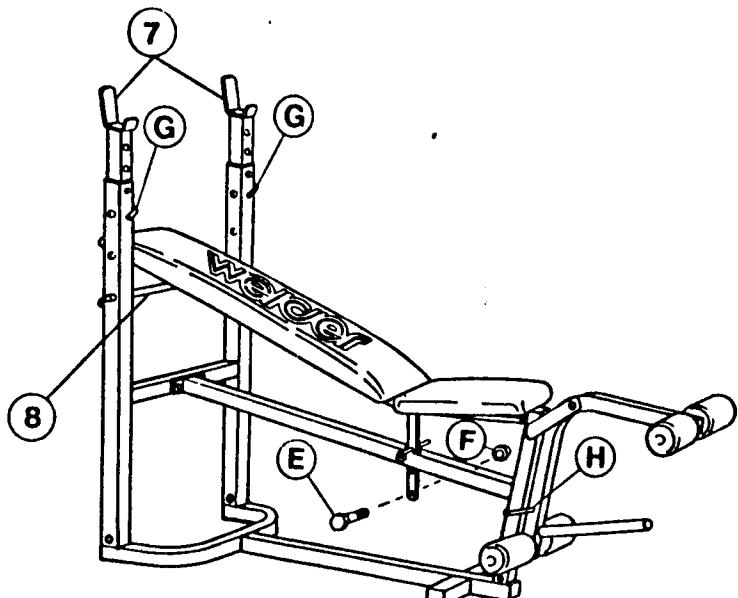
Step 5

Slide SEAT ANGLE IRON (13) onto SEAT ADJUSTMENT "T" rod. Align holes of Seat Angle Iron with seat holes and replace HEX HEAD BOLTS (N).



Step 6

Place LEG CURL (6) between Leg Curl Brackets on Main Frame and secure with HEX HEAD BOLT (C) and LOCK NUT (D). Slide PAD BAR (10) through lower hole in LEG CURL (6) until equal amounts of bar are on both sides. Insert ROUND PLASTIC CAP (P) into both ends of PAD BAR (10). Slide FOAM PAD (9) onto both ends of Pad Bar. Follow the same procedure with upper pad bar until all pads are in place. Insert SQUARE PLASTIC CAPS (J) into both ends of Leg Curl. Insert ROUND PLASTIC CAP (K) into end of weight holder on Leg Curl.



Step 7

Place ADJUSTABLE UPRIGHTS (7) into Uprights and use LOCKING PINS (G) to adjust their height. BACKREST ADJUSTMENT BAR (8) is used to raise or lower the Backrest. HEX HEAD BOLT (E) and LOCK NUT (F) are placed in lower hole of Seat Adjustment "T" to prevent the "T" from coming out of the slot. The Leg Curl is locked to the Frame by using the LOCKING PIN (H).

AUG 19 1988

BENCH SPECIFICATIONS

UNIT NO. B-330

WEIGHT _____

CARTON DIM. _____
L W H

FRAME COLOR: SILVER
VINYL COLOR: BLACK

SCREEN DESIGN:

*SEAT CHEVRON
*BACKREST WEEDER

COLOR RED
COLOR RED

DECALS:

*DESCRIPTION 330 CLASSIC (RED, WHITE, MEDIUM OR BLACK)
*LOCATION UPRIGHTS QUANTITY 2

PAD SIZES:

*ANKLE PAD 3 x 5
*KNEE PAD NOVA

COLOR BLDCIK FDM
COLOR _____

UPRIGHTS: ✓ ADJUSTABLE NON-ADJUSTABLE

*TUBING SIZE & SHAPE 1 1/2 SQUARE
*HEIGHT ADJUSTMENTS 37 1/8 TO 50 8 POSITIONS
*OVERALL WIDTH 20

LEG CURL: NONE ADJUSTABLE ✓ NON-ADJUSTABLE
(LOCKING)

*TUBING SIZE & SHAPE 1 1/2 SQUARE

FRAME:

*TUBING SIZE & SHAPE 1 1/2 SQUARE
*BASE LENGTH 42

SEAT: FIXED POSITION ✓ ADJUSTABLE (3 POSITIONS)

*SIZE: WIDTH 12 1/2 TO 10 1/4 DEPTH 12 1/2 12 ADJUSTABLE

SEAT BACK: WIDTH 10 LENGTH 36 (4 POSITION)

OVERALL SIZE: (MAXIMUM DIMENSIONS)

*LENGTH 26 3/8 34 1/4 41 67
*WIDTH 20
*HEIGHT 53

OTHER FEATURES: